

# G. E. R. D.

## Gastro Esophageal Reflux Disease

Getting to the REAL CAUSE

### This can be caused by:

Consumption of fatty or fried foods.	Mostly cooked foods in diet
Not chewing food thoroughly	Coffee
Spicy foods	Eating all the time, no meal times
Chocolate	Soda Pop, coffee, caffeine
drinks	
Alcohol consumption	Overeating
Pharmaceuticals	Genetically Engineered
Foods	
Eating late and sleeping on full stomach	Too much added oil in foods

**GERD** comes from the disruption of proper functioning of the Parietal Cells in the lining of the stomach. They become at first over-active, then, slowly do not produce enough Hydrochloric Acid (HCL). At times they will put out a panic amount of HCL and this entire situation results in Heart Burn, Gastric reflux which is the stomach contents going up into the esophagus due to a weakened sphincter muscle that can no longer keep the stomach closed off tight. The problem with this whole scenario is that the pH of the stomach continues to rise and become less and less acidic, in other words the pH goes up towards alkaline as less acid is being manufactured by those injured parietal cells.

This disturbance has many repercussions in the whole body. Besides lack of digestion with all its gas, bloating, and discomforts; this leads to hiatal hernias, allergies or food sensitivities, cancer of the esophagus and more. Gall bladder episodes of spasm and stones, enzyme deficiencies, diminishing and disappearance of friendly bacteria or normal flora of the intestinal tract, leaky gut, and other diseases of the lower tract, acidosis of the blood, mucoid plaque buildup in the lower intestines, are a few of the simultaneous complications that can come as part of the package.

The list goes on as these become more pronounced, absorption of nutrients is not accomplished and the blood becomes unable to nourish the body as it should, so you see it begins to affect the whole health of the body.

### Natural Wellness Activities to restore function:

**Daily:**

- Drink three FULL quarts of **Lemon water** (the juice of two lemons to each quart) with one Tablespoon full of **Pink Himalayan Sole** solution divided into the quarts of lemon water
- Challenge the stomach's ability to make HCL; drink  $\frac{1}{4}$  cup of fresh squeezed beet juice, and look to see if you notice red in the urine or the stool in the next day or two. If it appears you do not have enough HCL in your stomach and you should take **Betaine Hydrochloric Acid** tablets with all meals
- Be sure NOT to take any medicine which will suppress acid formation, you need all that you can get
- Take **FulvaLife Minerals** (Fulvic Acid) three times a day. Begin with one teaspoonful and increase to 2 oz per day
- Do a thorough digestive tract cleanse with **Intestinal cleanse Formula #1 and Intestinal Detox formula #2** ( instructions found in Foundational Program) Take Intestinal Detox Formula #2 as often as necessary after the cleanse for any distress symptoms in the stomach
- **Chew food thoroughly, do not overeat, quit eating before you feel full, do not drink with your meals, do not eat between meals and they should be no less than 6 hours apart. Never go to bed for the night on a full stomach, do not lie down with food in your stomach for at least two hours**
- You may want to sleep at night with your **head and shoulders elevated** on pillows until your symptoms subside
- **Loose weight** as the weight of extra pounds pulls heavily on the stomach
- Do **NOT wear tight clothes** around waist. No tight belts, elastic, or anything, let the lymph flow and circulation work
- Eat mostly **raw vegetables**, seeds, fruits, and a few sprouted cooked legumes, grains (but NO commercially grown wheat for the rest of your life) for at least three months
- **Herbs** that help: Peppermint, licorice root, Dill seeds, **Aloe Vera**, Fennel, Yarrow, goldenseal, wormwood, ginger root, or you can take the **Detox and Cleanse Digestive Tea**
- **Digestion, Fat/Sugar, Nature's Probiotics** are digestive enzymes needed to keep digestion full and complete while the stomach lining is healing
- Drink Fresh Squeezed vegetable juice four to six 8oz glasses per day
- Drink one recipe of Green Smoothie daily
- If you have any heart symptoms such as angina, hypertension, irregular beats, pounding in your chest...be sure to drink **Hawthorn, and/or Heart Formula teas**

- Follow instructions for **Contrast Showers** in the Foundational Program
- Remember to allow God to resolve ALL stress issues; He is waiting to carry your load and give you peace. Forgive completely and let God take away all of your guilt, condemnation and judgement